

**BONUS
DOWNLOAD**

WEEKLY WEIGHT LOSS *TRACKER*

Track Your Progress and
Reach Your Goals

WITH WENDY NICHOLSON

Weekly Weight Loss Tracker



Tips and strategies...

Here is an excerpt from my first book. Hopefully this helps you see that progress takes time but its SO worth it.

How do I keep track of my weight loss?

I purchased a new weigh scale in 2019. I would weigh myself once in a while, but then in 2021, I started to weigh myself every day.

The best time to weigh myself was in the morning after my shower, but before I had eaten or drank anything. Also, I always weighed myself naked!

This was the easiest ways to have consistency, since food, drink, clothes, and time of day can all add to the number.

Every morning I would enter my weight on the simple chart I had made on my bedroom wall.

This was one of the best things I did...have it on the wall, visible. I would go up and down in weight during the week, but mostly down.

For the first 4 months, I lost some weight every single week.

As I got closer to my goal weight, the weight came off more slowly. Then, I plateaued for a month.

However, I persevered, and would keep weighing myself every morning. And when I was discouraged, I would simply look back on my chart and see how far I had come.

Daily habits would indeed help me reach my goal...the goal I had set in January of 2021 to lose that last 45 lbs of my total 80 lbs weight loss.

Amazingly, after I reached my original goal of 135 lbs, I realized that I wanted to keep going.

CONTINUES ON NEXT PAGE



Weekly Weight Loss Tracker

Continued...

So many times in the past, I would have celebrated my weight loss and rewarded myself with "cheat meals", gone off the diet, and gained the weight back.

I yo-yo dieted for almost 40 years!

This time was different. I decided to keep at it...I finally weighed in at 130 lbs in November of 2021 and then 128 lbs by December of 2021.



I stopped weighing myself every day and only did it once every week or two.

In conclusion, for some of us, the weight scale is a good tool to help keep track of successes in the goal to get to a "normal weight" range.

That is the end of that section from my book.

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

- **See EXAMPLE on page 4**
- Print off the following page(s):
 -  -- **To print in colour, select page 5**
 -  -- **To print in grayscale, select page 6**
- Take your weight from your **Daily Weigh-in Chart**.
- Enter that number each week on the following page(s).
- Put it on your wall as a visual reminder.

NOTE: If you need to lose more weight, print off another page for the 2nd year, etc.

EXAMPLE

1. In the **Date** column, starting with the END of the first week you started weighing yourself, enter the date.
 2. In the **Weight** column enter your weight at the end of each week
 3. DON'T Worry if your weight goes up and down each day because these weekly totals will show the most difference.
 4. If you are aiming for losing 1 pound per week or 5 pounds per month, this weekly tracker is a GREAT way to check your progress.
 5. Remember to enter your weight AFTER each week has ended
- EXAMPLE shows approx. 1 pound per week lost
(if starting at 214 lbs)**

**WEEKLY WEIGHT LOSS
TRACKER**

Week	Date	Weight
1	April 7	215
2	April 14	214.5
3	April 21	213
4	April 28	213
5	May 5	211
6	May 12	210.5
7		
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WEEKLY WEIGHT LOSS TRACKER

Week	Date	Weight
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Week	Date	Weight
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WEEKLY WEIGHT LOSS TRACKER

Week	Date	Weight
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Week	Date	Weight
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